

TAILWIND

TRAVIS AFB, CALIF.

FRIDAY, OCTOBER 26, 2001

VOLUME 26 NUMBER 41



BIOTERRORISM
Don't fall victim to the panic, and learn how to play it safe



GROUND RADIO
Learn what it takes to keep radios in top shape



THE FRONT LINES
Strikes and humanitarian aid continue in Afghanistan

DAYLIGHT SAVINGS

Begins Sunday at 2 a.m. Don't forget to turn clocks back one hour Saturday night.



See what it takes to be a special makeup effects artist

CLICK HERE

Words from the Top...

Don't get caught up in anthrax panic

By. Col. Dave Lefforge

Commander, 60th AMW

Since Sept. 11, Americans have been looking at each day with a new perspective, taking less for granted and placing more meaning on that simple phone call or visit to friends and family. Team Travis is doing a great job conquering the challenges of this new world, challenges that affect our daily lives in many ways.

The most recent hurdle facing our nation and Team Travis is the use of biological warfare agents.

In light of the handful of anthrax cases that have been reported in the United States over the past few weeks, we have to focus on the facts and not get caught up in paranoia and panic. The media has done a good job reporting the facts, but too often the style of the presentation, intentionally or not, tends to exaggerate the proportion of the threat: "America under siege" from a few malicious envelopes.

We know that one member of the media and two postal workers have died as a result of inhaling anthrax spores, and several other people have tested positive and are receiving treatment for anthrax exposure. Those facts are horrible, and the people responsible deserve justice equal to the horrors of their crime.

But the fact remains that, even in the short period of time that anthrax has been making national headlines, it has killed

far fewer people than the accidents, more familiar forms of criminal violence or diseases like influenza that barely earn mention on the nightly news. Most biological agents, including anthrax, are treatable if caught early enough. And most biological agents, including anthrax, cannot be transmitted person-to-person – the notable exceptions being smallpox and the plague.

So, if you didn't worry about dying on your commute to work before Sept. 11, you probably don't need to worry about office mail killing you now.

Since bioterrorism is a reality, though, you do need to know what to do if you receive or open a suspicious package. The steps are simple:

» First, isolate the threat. Put the suspicious package in a sealed plastic bag or container, or cover it up. Do not clean up any spilled substances, since this could increase the likelihood of inhaling something harmful and make it difficult if not impossible to determine if the substance poses any threat. Cover spills.

» Next, evacuate the immediate area. Direct people to leave the room, and close the door or otherwise block entrances to the area where the suspicious package is.

» Wash your hands or any body parts exposed to the package with soap and water.

» Report the incident to Travis Security Forces, who will dispatch the various base agencies that respond to biological

hazards. Be prepared to provide a description of the package and information about who may have had contact with it. Follow the instructions of our first responders.

We have had three "white powder" scares at Travis in the past two weeks. All were false alarms, but they gave us a chance to test our response procedures, which are good. The Fire Department, Security Forces, Medical Group, Office of Special Investigations and other organizations have the knowledge, equipment and contacts needed to combat biological threats. In particular, our medical experts can give us a quick read on the possible presence of harmful pathogens like anthrax, and our hospital staff is monitoring patients for any signs of exposure to biological agents. So far, there have been none.

Travis also has working agreements with local, state and federal agencies that would help us respond to a legitimate biological threat. Among other organizations, the California National Guard has two weapons of mass destruction response teams on constant stand-by to respond to domestic nuclear, biological or chemical attacks.

Over the last few decades, America has been working on vaccines and other defenses to counter biological threats, and we'll move forward on those defenses much more quickly now that terrorists have used biological agents against us.



Lefforge

Given our resources and the expressed commitment of our nation's leaders, there is a strong chance we will be able to head off a truly "weaponized" biological attack aimed at thousands rather than dozens of our citizens — a very complex undertaking for our enemies.

This is a time for awareness and prudent caution, not panic. The envelopes mailed to Florida, Washington and New York were psychological more than biological warfare. They were aimed at demoralizing our nation and shaking our resolve to stay the course against the enemies of freedom.

I thank you all for your tremendous efforts and continued dedication to our mission and to Operation Enduring Freedom. Your life is not an easy one, especially in times like these, but be confident that America and America's First Choice will pull through the challenges ahead and emerge stronger than we were before. Worry about the things that matter – your mission and your family – and don't let the anthrax scare hamper your enjoyment of the freedoms for which we fight.

Tailwind

Travis AFB, Calif.
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Thanks Team Travis

If you were there Oct. 17, you know that President Bush's visit to Travis was a tremendous success, raising our spirits while impressing on our nation the vital contributions made by military men and women, especially those serving right here, to our nation's campaign against terrorism.

The event required a total team effort between the White House advance team and many of our Travis professionals. I've said "thanks" to many in person, and, if I miss anyone, just let me know and I'll be happy to say thanks in person. At this time, however, let me briefly recognize a few of the key players.

First and foremost, we owe great thanks to Lt. Col. Mark "Marshal" Dillon who contributed his Presidential support expertise and took charge of the visit and coordination with the White House. Colonel Dillon was backed by some of our best and brightest, including Capt. Bill McGuffy, Capt. Gary Goosen and the following experts:

» SMSgt. Kevin Waddle of the 349th Aircraft Generation Squadron, who took care of a multitude issues impacting aircraft parking and support, and Maj. "Ike" Isenhour and 1st Lt. Dave Watts of the 660th AGS, who coordinated additional flightline support of the event, such as securing ropes and stanchions, aircraft generation equipment and more

» Lt. Col. Casey Blake and his team from the 60th Contracting Squadron, who followed through on finding sources for all support we couldn't provide at the eleventh hour, and Maj. Mark Ruse and the sea

of red hats from the 60th Civil Engineering Squadron for assembling and disassembling the event site

» Capt. Jeff Ditlevson and the superb Total Force team from the 60th and 349th Security Forces Squadrons, who are keeping us safe every day and took on the added tasks of coordinating event security with the Secret Service and orchestrating the traffic flow for spectators

» Capt. Ted Lambrecht of our Airfield Operations Flight, who ensured a smooth flow of aircraft, and Gil Frelly of our Aerial Port, who helped us exceed all aircraft servicing requirements, which remained a frequently moving target

» SMSgt. Herb Ramsey of the Aerial Port and TSgt. Scott King of Public Affairs, who organized the beddown of more than 120 members of the White House press corps and another 90 regional reporters covering the event in our Passenger Terminal

» Maj. Mark Bass, Mark Larios and the rest of our great Services team for providing White House staff and press with our best hospitality

» MSgt. Robert Lawless and the rest of our Ground Radio shop for their efforts in setting up the public address system for the President's speech, and TSgt. Alan Louie for coordinating communications support for the press corps.

My thanks to these great Americans and the many more who delivered a world-class welcome for our Commander in Chief. You did Travis proud!



Courtesy of Fright Factory Outlet

Sculpting a monster: SSgt. Bill Edwards, 60th Air Mobility Wing Safety Office, works on one of his latest creations. See the story behind Travis' own monster maker on pages 18 & 19.

Spectacular Fallout

Travis people, mission benefit from \$24.5 million in end-of-year money

By SSgt. Mark Diamond
60th AMW Public Affairs

Could you spend \$24.5 million in a matter of hours?

The comptroller and contracting squadrons at Travis can.

At the end of each fiscal year — midnight on Sept. 30 — finance and purchasing experts throughout the Air Force work feverishly to ensure their base's "fallout" money is spent or obligated.

The process here began with each group submitting a list of items they need to accomplish their respective missions. These lists are reviewed by the 60th Air Mobility Wing commander and forwarded to command finance experts who allocate the money back to the bases.

This year, Travis received more than \$24.5 million.

According to a local finance expert, in addition to the fallout money Travis received, this year Air Mobility Command allocated and additional \$2 million specifically for Travis dormitory improvements, an item that was high on the 60th AMW commander's priority list.

According to TSgt. Carol Bullock, 60th Comptroller Squadron budget analyst and this year's base closeout financial manager, end-of-year spending continues right down to the wire.

She pointed out that Travis spent its last portion of money at about 11:26 p.m. this year — four minutes before the midnight deadline.

"We really start gearing up for [end-of-year] close-out about five days before the end of September," said the sergeant. "It gets pretty hectic around here."

To ensure items are ready to purchase when AMC allocates the money, Bullock said each unit is required to submit a "Ready to Execute" package. An RTE package contains everything needed to make a purchase, including Air Force Form 9s, sole source letters,

price quotes and AF Form 3215s for computer items. Bullock said the 60th CPTS reviews each package before Sept. 30 to ensure everything is in order when it comes time to make the purchases.

Of this year's fallout money, nearly \$11 million was allocated to the 60th Medical Group for facility repairs, projects, new equipment and so forth.

Of the remaining \$13.5 million, Bullock said Operation Enduring Freedom and homeland defense were at the top of the list. She said about \$1 million went toward force protection, anti-terrorism equipment and communications upgrades.

Other high price tag items included \$181,000 to replenish the 60th Civil Engineer Squadron bench stock, and \$500,000 for base computer purchases.

"I was really amazed how everyone pulled together and got the job done," said Bullock. "It took a lot of long hours, but we did it."

She said it was a total team effort.

Many of this year's fiscal close-out successes were made by a handful of Travis units, including the 60th Civil Engineer Squadron, the 60th Supply Squadron and the 60th Contracting Squadron.

The 60th CES alone executed more than \$9 million in end-of-year expenditures, according to 60th CES commander Lt. Col. John Spahr. The colonel said some of their "big ticket" items included about \$2.9 million for various taxiway repairs, \$500,000 for runway rubber removal and \$500,000 for repair of military family housing roofs.

"Most of these items were for the good of the base community — either from an operational or a morale standpoint," Spahr said.

Lt. Col. Casey Blake of the 60th CONS said his unit's major success during end-of-year close-out was their ability

U.S. forces strike Al Qaeda 'in its entirety'

Armed forces plan on continuing mission of precision strikes, humanitarian food drops

By Jim Garamone
American Forces Press Service

WASHINGTON — U.S. forces are striking Al Qaeda "in its entirety," said Rear Adm. John D. Stufflebeem, deputy director of operations for current readiness and capabilities at the Joint Staff.

Stufflebeem during a Pentagon press conference Tuesday said coalition forces have struck all the Al Qaeda terrorist training camps in Afghanistan. If Al Qaeda has other camps or tries to establish more, U.S. forces will strike those, he said.

"To get into the details of the numbers is not nearly as important as the larger context of the campaign," he said. "We're going after Al Qaeda in its entirety. So wherever we find it ... we're going to attack it."

Monday, U.S. forces struck 11 planned target areas, Stufflebeem said. The targets included airfields, radar installations and deployed Taliban forces including armor, vehicles and buildings. U.S. aircraft also struck targets in garrison and are interdicting lines of communica-

tions. American aircraft further struck targets of opportunity in engagement zones.

The strikes required 60 carrier-based and 10 land-based tactical aircraft, including AC-130s, and 10 long-range bombers.

"We also flew four C-17 missions carrying humanitarian relief," Stufflebeem said. The aircraft dropped 57,000 humanitarian daily rations, bringing the total to over 750,000. In addition, U.S. forces assisted the U.S. Agency for International Development in delivering 30,000 blankets to Islamabad, Pakistan.

Stufflebeem said the Taliban is starting to disperse its forces and hiding them in neighborhoods and near mosques. "I personally think the Taliban will use whatever means they have, including the people of Afghanistan, to shield their capability," he said.

He said the Taliban and Al Qaeda are inextricably linked. "I personally think there are Al Qaeda fighters (with the Taliban forces)," he said. "I believe that because there has been an arrangement that is well known within Afghanistan between Osama bin Laden and Taliban leader Mullah (Mohammed) Omar for some time. They are mutually supportive."

"I'd be surprised if one can survive without the other," he continued. "To believe that Afghan 'foreigners' can come to the country and train, and not fight, just doesn't seem credible."

Stufflebeem said he knows U.S. forces are "attriting" Taliban and Al Qaeda forces.



Load 'em up: Members of the 349th Air Mobility Wing's 45th Aerial Port Squadron load cargo on a transient C-130 recently while the aircraft's engines continued running. Both the 60th and 349th AMWs continue to provide airlift support for Operation Enduring Freedom.

■ SEE FALLOUT ON PAGE 24

NEWS NOTES

Schooling correction

The *Tailwind* incorrectly reported here last week that the Travis Unified School District had approved year-round education at base elementary schools for the 2002-2003 school year. The board did hold a public meeting in accordance with state law to keep open the option of year-round education, but a final decision will only be made after further consideration and discussion, which will include meetings with affected parents. Contact the school board at 437-8205 for more information.

Awards ceremony

The next quarterly awards ceremony is scheduled for Thursday at 8 a.m. in the Base Theater. Award recipients must be in place no later than 6:45 a.m. Dress for the award recipients is service dress.

VEAP deadline

Wednesday is the final deadline to covert VEAP to the Montgomery G.I. Bill.

Eligible personnel who participated in VEAP (Chapter 32) now have an opportunity to convert to the Chapter 30 MGIB. You must have opened a VEAP account before April 1, 1987, to qualify. Personnel cannot open a new VEAP account at this time.

It is not necessary to currently have contributions in your VEAP account. You must have been on active duty by Oct. 9, 1996, and remained continuously on duty through April 1, 2000.

A \$2,700 non-refundable contribution is required for conversion of benefits. Active-duty personnel must accomplish this by salary reduction. Veterans can have military retired pay reduced or make a lump-sum payment. The full \$2,700 must be paid within 18 months of the date of the election to Chapter 30. Visit the Education Center to officially accept or decline the VEAP conversion. For more information, contact the Travis Education Center at 424-3444.

Trick or treat

Travis' trick or treat hours for this year are from 6 to 8 p.m. Wednesday. Parents are reminded to keep children safe by giving them a flashlight or by dressing them in reflective clothing. The Passenger Terminal will be X-raying candy from 6 to 9 p.m. For more information on X-raying procedures, call 424-3071.

Commissioning

A commissioning briefing is scheduled today and Nov. 30 at 1 p.m. at the Base Education Center.

Attendance at one of these sessions is required before a commissioning appointment may be scheduled. For more information, call 424-3444.

Coming to terms with bioterrorism threats

By TSgt. Scott Elliott
Air Force Print News

WASHINGTON — The American news media have flooded the public with reports of biological terrorism, both real and imagined, since Sept. 11. In many of these reports, "experts" and "analysts" have provided seemingly contradictory information.

The result has been growing confusion and speculation in both military and civilian communities.

Air Force medical officials are trying to set the record straight with information about two of the most dangerous threats: anthrax and smallpox.

Anthrax, a product of the *bacillus anthracis bacteria*, occurs in three forms: cutaneous, gastrointestinal and inhalational, said Col. (Dr.) Dana Bradshaw from the Air Force Surgeon General's office.

Cutaneous anthrax, which attacks through breaks in the skin, is highly treatable and considered the least dangerous. Gastrointestinal anthrax results from eating undercooked meat from an infected animal. Although gastrointestinal anthrax is the least likely to occur, it has a mortality rate of 50 to 85 percent if left untreated. Inhalational anthrax, the most lethal, occurs when enough spores of the bacillus anthracis bacteria are inhaled and settle into the lungs. As many as 99 percent of victims succumb after the onset of symptoms.

Contracting a lethal dose of inhalational anthrax is difficult, said officials from the national Centers for Disease Control and Prevention in Atlanta.

"For anthrax to be effective as a covert agent, it must be aerosolized into very small particles, CDC officials said in a health advisory. "This (aerosolization) is very difficult to do and requires a great deal of technical skill and special equipment."

None of the recently reported anthrax

DoD to re-look anthrax vaccine issue, Rumsfeld says

By Gerry J. Gilmore
American Forces Press Service

WASHINGTON — DoD will look at ways to kick-start U.S. production of anthrax vaccine that, up to now, has been manufactured by just one company in Michigan, Defense Secretary Donald H. Rumsfeld said Oct. 18.

Rumsfeld remarked to Pentagon reporters that DoD is going to try to save its anthrax vaccine program with manufacturer BioPort. He noted that other efforts to produce anthrax vaccine for the U.S. military had "failed over a period of years."

DoD's business relationship with BioPort to acquire anthrax vaccine may or may not be savable, he added.

BioPort was DoD's sole contractor for

anthrax vaccine. The company has had quality control problems and hasn't produced any vaccine for some time. Its manufacturing operations currently lack Food and Drug Administration approval.

Rumsfeld said he discussed the vaccine issue today with S.C. "Pete" Aldridge, defense undersecretary for acquisition, technology and logistics, and David S.C. Chu, defense undersecretary for personnel and readiness. He said they or their representatives will meet with Department of Health and Human Services officials to discuss the vaccine situation.

Rumsfeld said DoD would try to fashion an arrangement that would give BioPort one more chance to supply an FDA-approved anthrax vaccine.

attacks or scares have been of the aerosol variety; all have come through the mail.

Prevention is the most proven way to avoid anthrax, officials said. People who have been vaccinated against anthrax prior to exposure, then receive antibiotics after exposure, have nearly a 100-percent survival rate, Bradshaw said. Those who were vaccinated prior to exposure but do not receive antibiotics after exposure have a survival rate of about 95 percent. If a nonvaccinated person is exposed to anthrax, then receives both the vaccine and antibiotics prior to the onset of symptoms, chances of survival are nearly 100 percent.

The survival rate drops to about 90 percent if a nonvaccinated person is treated with antibiotics only after exposure, Bradshaw said.

Survival rates drop dramatically after the onset of symptoms. Even with both antibiotic and vaccine treatment, people who become symptomatic will survive less than 14 percent of the time, Bradshaw said.

Vaccine treatment alone is not protective after exposure.

Regardless of which form of the disease occurs, anthrax is not spread from person to person; the only way to contract anthrax is through direct exposure to its spores, Bradshaw said.

Not so with smallpox.

Smallpox is a highly contagious dis-

ease that is easily transmitted from person to person exponentially.

"One person may typically infect 10 to 20 others," Bradshaw said.

Infection occurs by inhalation of air droplets, direct contact with an infected person or through contaminated clothing or bed linens. The smallpox virus can remain infective for up to two days in environmental aerosol

form, Bradshaw said.

Though the U.S. military provided vaccination to some members through 1989, the United States ceased its routine smallpox vaccination campaign in 1972. The virus was declared eradicated worldwide in 1977.

More than 40 percent of the American population is not vaccinated, and immunity in others is waning.

"The duration of immunity based on experience of naturally exposed individuals has never been satisfactorily measured," Bradshaw said.

Antibodies have been shown to decline substantially during the five to 10 years following vaccination, he said.

Therefore, the Journal of the American Medical Association estimates that the population at large is highly susceptible to infection.

Victims of smallpox can experience up to a 30-percent mortality rate. There is no proven treatment for the disease but patients can benefit from supportive therapy to control fever, pain and secondary infection, CDC officials said.

People should report suspicious activities to local law enforcement, officials said. Military people should contact local military medical facilities for more information. Public health advice for civilians is available through state or local health departments.

Biological attack: Don't panic, know facts

By SSgt. Eric Grill
Air Force Print News

LACKLAND AIR FORCE BASE, Texas — Officials from the 59th Medical Wing want people to know that despite recent accounts of anthrax cases since the Sept. 11 terrorist attacks, there is no reason to panic.

While people know how to react to terrorists' bombs, people do not know how to deal with diseases, said Maj. Caroline De Witt, acting chief of infectious diseases for the 59th MDW at Wilford Hall Medical Center here.

"We are here to reassure people that many of these diseases are treatable if caught early," De Witt said. "The military has been studying possible agents of bioterrorism for a very long

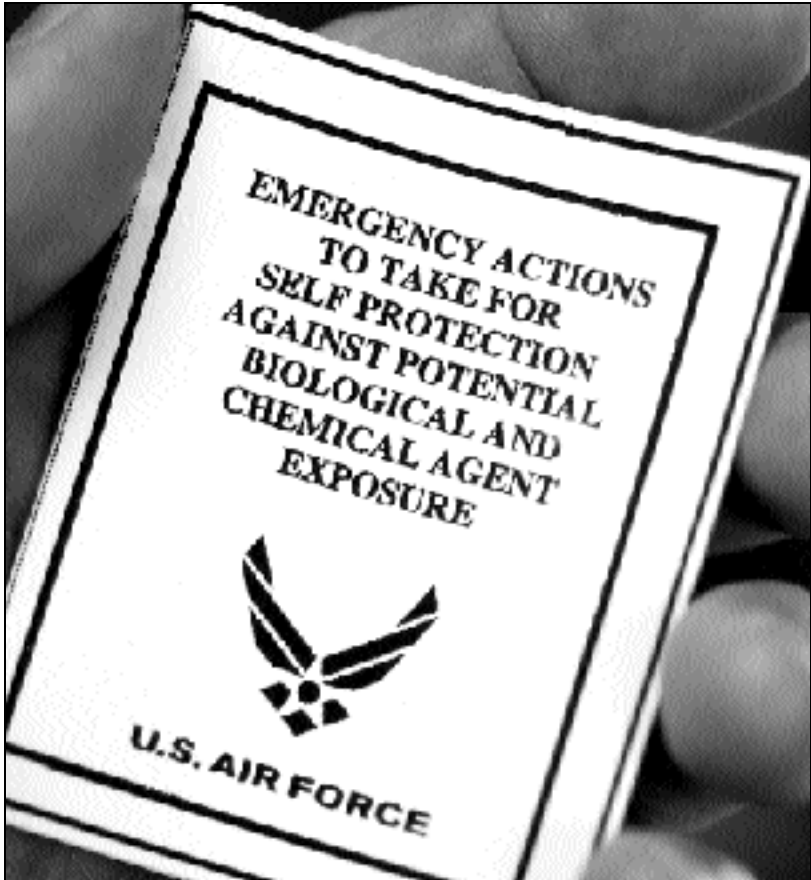
time, and we've had years of training to prepare for events like a biological attack."

Education is the key to abating some of the fears that people may have about infectious diseases, De Witt said.

People have been going to military surplus stores and buying gas masks because of that fear, but De Witt said biological agents like anthrax have inoculation periods, and "gas masks won't apply."

While there is a nationwide concern about some sort of biological attack by terrorists, De Witt said that both civilian and military medical officials are ready, and the nation has spent years developing a national pharmaceutical stockpile.

Any of the military services have detailed readiness plans



TSgt. Jim Varheygi / Air Force News

CSAF: Pocket cards may assist against attacks

Air Force plans to distribute pocket guide by end of month

By SSgt. Amy Parr
Air Force Print News

WASHINGTON — In light of recent terrorist activities, and with the threat of more on the horizon, Air Force leaders developed an informational pocket card on potential biological and chemical attacks.

“The threat of terrorism and our heightened security measures have made these very stressful times for all of us,” said Gen. John P. Jumper, Air Force chief of staff. “Even through we may not know what the future holds, it is our responsibility to prepare for the full spectrum of threats and possible terrorist actions.”

Some actions may include chemical and biological events, Jumper said.

Although the card is not meant to answer all questions when dealing with biological and chem-

ical agents, Jumper said it is “very basic and easy to carry,” and might help someone survive when faced with an emergency situation.

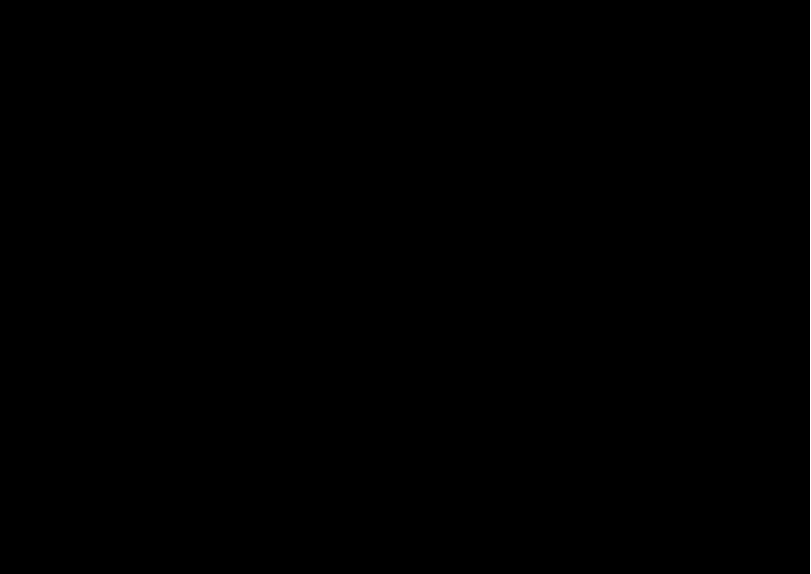
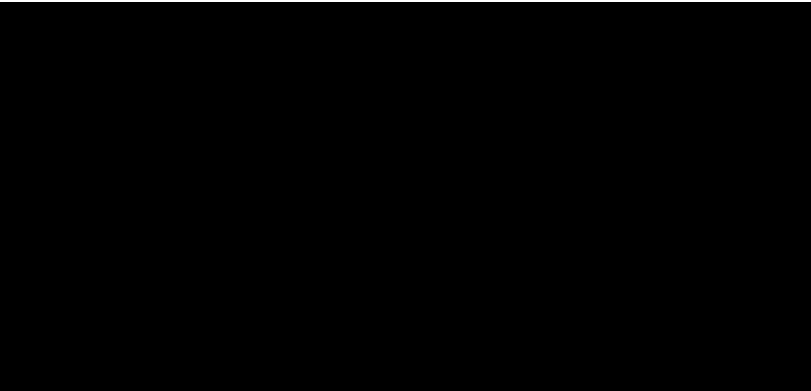
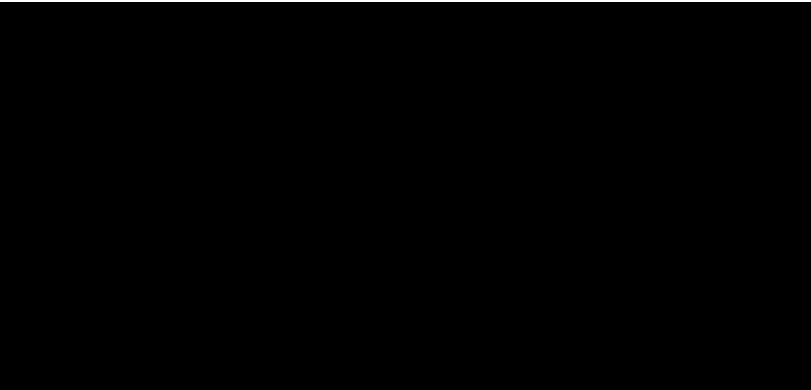
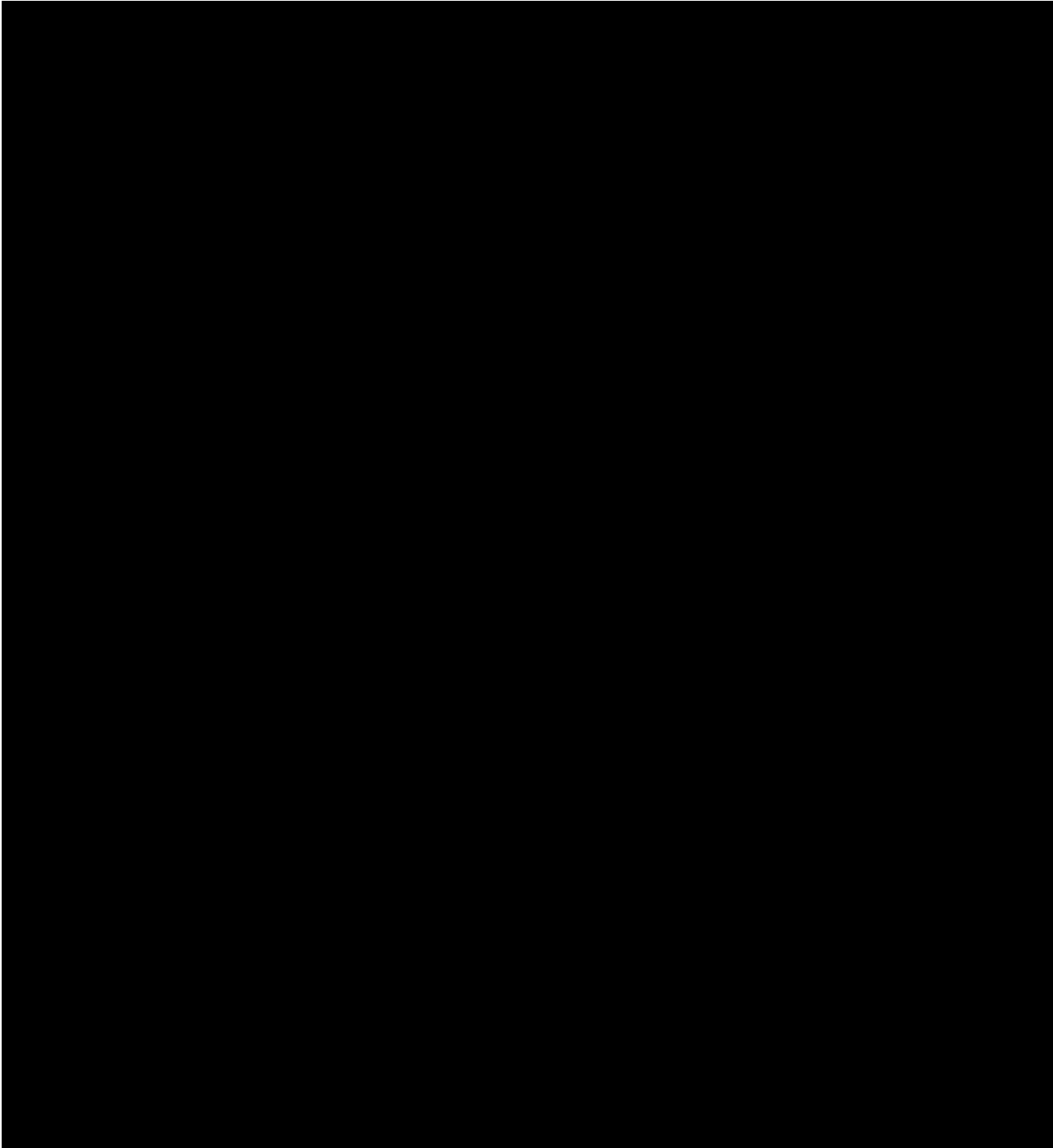
The card, scheduled to be delivered Air Force-wide by the end of the month via the medical community, gives guidance for actions after attacks in both indoor and outdoor situations.

An electronic version has also been distributed to command and medical leadership to be used for local duplication and to ensure widest dissemination.

“It is imperative that our people have this information close at hand to help them be prepared to take basic protective measures when dealing with a chemical or biological exposure,” Jumper said.

For more information, people should contact their base disaster preparedness office, local civil defense office or public health authorities.

Air Force leaders plan to distribute an informational pocket card, like the one pictured, Air Force-wide to inform people about actions to take after biological and chemical attacks.



Families may qualify for FSSA increase

By SSgt. Amy Parr

Air Force Print News

WASHINGTON — After the Department of Defense's family subsistence supplemental allowance started in May, eligible military families received a new allowance designed to help put food on their tables.

With the U.S. Department of Agriculture's recently released gross monthly income eligibility standards, more families may now be eligible for additional money.

Some people may see an increase because FSSA is directly impacted by USDA figures, said MSgt. Tamra Miller, travel and contingency policy chief. However, the maximum amount someone can receive is still capped at \$500. People will need to re-certify using the new income eligibility standards.

The program, designed to help families currently on food stamps, is available to all military people. Some families on food stamps will qualify, while others will not, Miller said. The allowance is designed to bring household income to 130 percent of the federal poverty line for the household size. People may qualify for both food stamps and the FSSA program.

However, unlike food stamps, FSSA income qualification thresholds include housing allowances, regardless of residence. Also included are basic allowance for subsistence and all bonuses, special and incentive pays.

The overseas cost-of-living allowance, stateside COLA, family separation housing allowance, clothing allowances and all travel- and transportation-related allowances and entitlements are not included in gross income.

Once approved, people must re-certify every February, regardless of when they were originally certified, Miller said. They must also re-certify when promoted, when household income increases by \$100 or more, when household size decreases and when making a permanent change-of-station move.

It is important that people keep in mind that receipt of the allowance is considered income and will affect their eligibility for USDA's income-assistance nutrition programs, such as food stamps; the National School Lunch Program; Women, Infants and Children; income-based day care programs; and earned income tax credit, she said.

The program is available to offer assistance to those who need it, she said.

“For those who pre-certified and were close before, it could be worth their while to check (the program) out again,” she said.

For more information, contact local commanders' support staffs or the Air Force directorate of personnel Web site at www.dp.hq.af.mil.

People may fill out automated applications at the Defense Manpower Data Center Web site at www.dmdc.osd.mil/fssa.

Stop-Loss exemptions may be limited

RANDOLPH AIR FORCE BASE, Texas — As the end of the planned 30-day Stop Loss evaluation approaches, officials are saying the list of career fields that will be released from Stop-Loss restrictions, if there is one, will likely not result in many people being allowed to leave the service in the near future.

By early November, the Air Force will decide if there is an opportunity to exempt any career fields, officials said.

When mission requirements can be filled without a need for Stop-Loss, the Air Force plans to end the program with the maximum amount of flexibility and allow those people a smooth transition out of the Air Force, officials said.

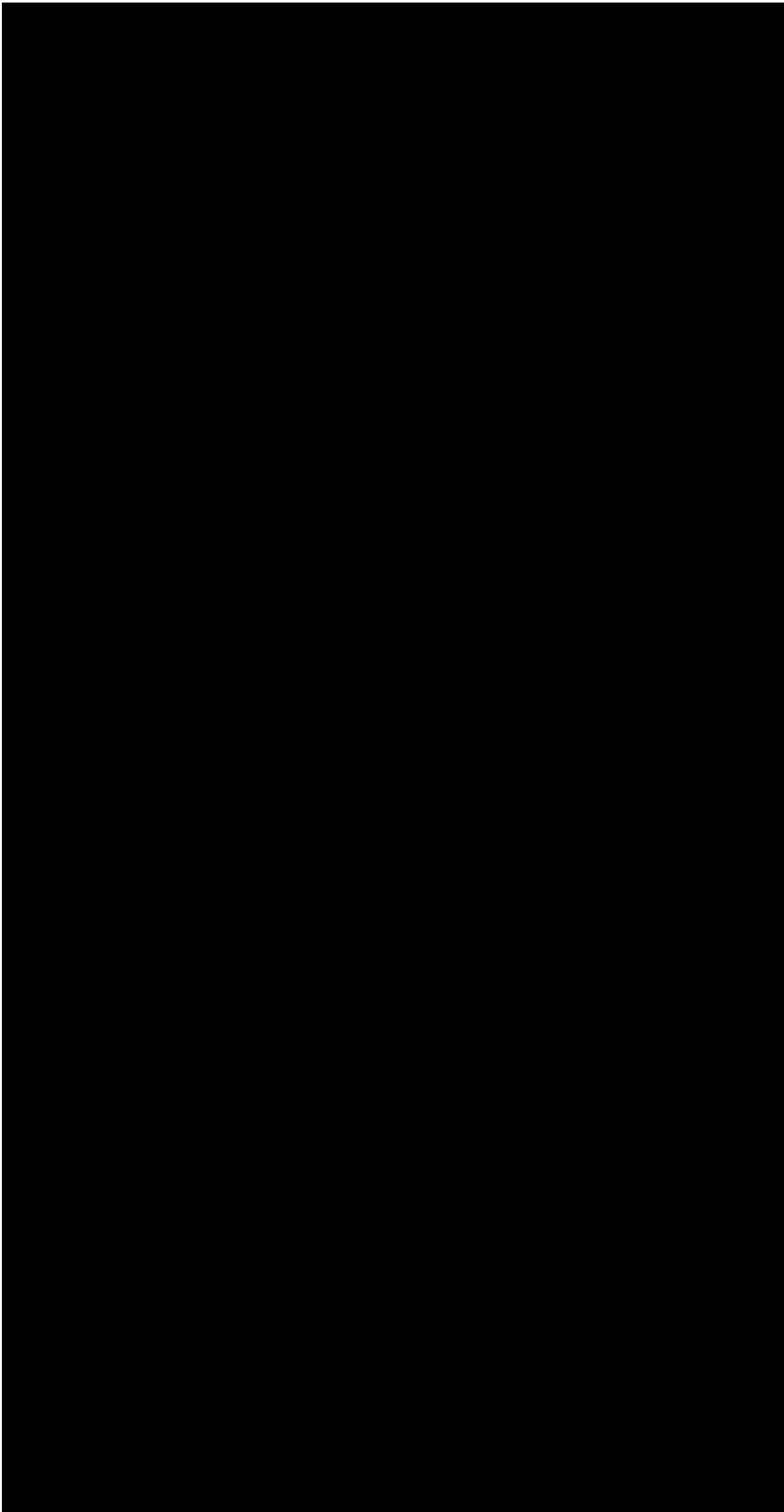
“But we don't know when that's going to be,” said Lt. Col. Mike Gamble, assignment

programs and procedures division chief for the Air Force Personnel Center. “Nobody does.

“We really need to remember that the unique feature of this operation is the homeland security requirement – something we haven't focused on before. We need to determine the load all these demands are placing on the force and that is why we are proceeding with caution.”

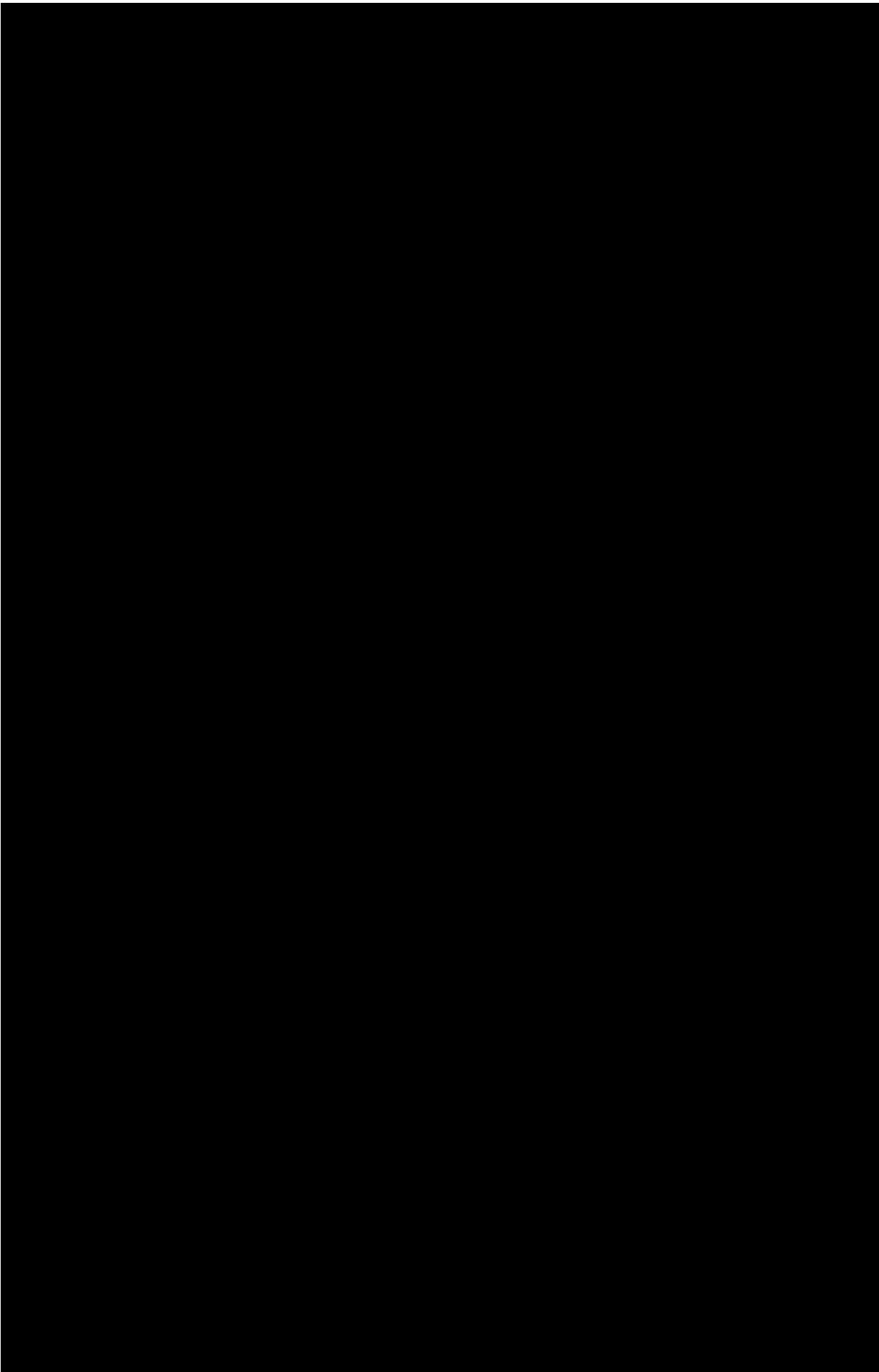
After Air Force officials announced Stop-Loss in late September, retirements and separations were indefinitely suspended starting Oct. 2.

“There has been no change in the policy, but the April and May dates have made it into the rumor mill,” said Lt. Col. Rich Binger, chief of separations here. “The fact is no end dates have been set.”



Military Personnel and Immediate Family

To reach members of your family in times of emergency need, call the American Red Cross Armed Forces Emergency Service Center toll-free at (877) 272-7337.



FACTS / From Page 4

and are able to augment public readiness officials if needed, De Witt said.

Some of the diseases medical officials are watching for include anthrax, smallpox and plague, De Witt said. Smallpox was eradicated worldwide and routine vaccination was stopped around 1980. Therefore, many people remain susceptible any re-emergence of a manufactured form of the disease.

Anthrax is produced by the bacteria *bacillus anthracis*. A tough protective coat allows the bacteria to survive for decades as spores.

Anthrax is dangerous because it is highly lethal if not caught in time. It is one of the easiest biological agents to manufacture and relatively easy to develop as a weapon. Anthrax spores, while extremely difficult to aerosolize as a weapon that could infect many people, can be easily stored.

The disease also has an incubation period of one to six days between exposure and symptoms, officials said.

Because of this, De Witt said, "There is reason for a heightened sense of alert, but be reassured that panic is not needed. Very few (biological) agents can be transferred human to human, and many of the diseases are benign and can be treated easily if caught early."

Anyone who suspects that they have come into contact with a suspicious substance should report it to authorities immediately, De Witt said. The earlier it is reported the better the chances of determining what that substance is.

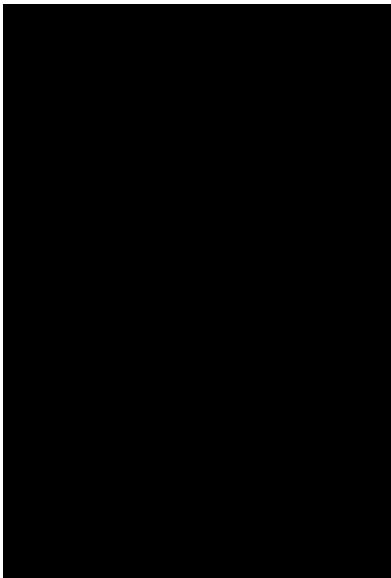
De Witt said that these people should not take any medicines without seeking medical attention first.

"Professionals doing the field tests will let a person know whether they've been exposed or not," she said.

"Field tests can be done quickly and easily to determine if a person was exposed to a biological agent," De Witt said. But, it takes about 24 to 48 hours to confirm what that biological agent is."

While it sounds like a good idea to have a stockpile of antibiotics in a persons' medicine cabinet, De Witt said she advises against it. These medicines have side effects that can be dangerous if not taken properly.

For more information about anthrax, contact local medical professionals.



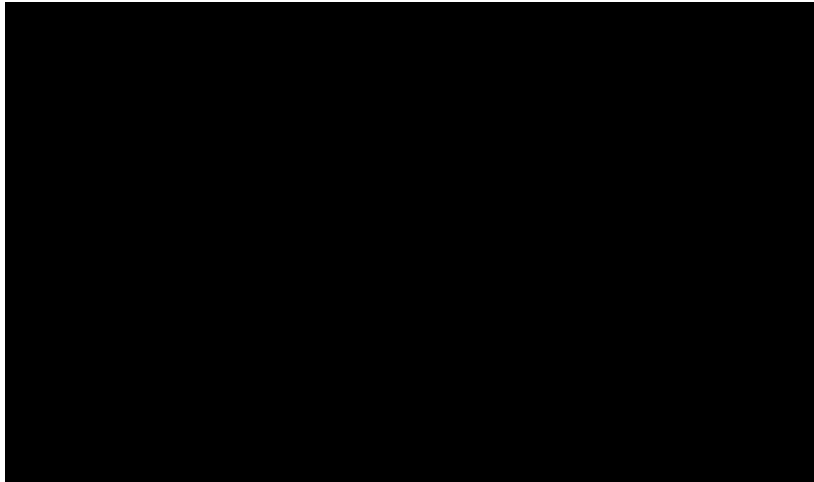
Drinking

The end results can kill

& driving

innocent people and
a military career!

don't mix





MSgt. Evander Earl Andrews' squadron hat adorns his casket at his final resting place in Arlington National Cemetery Monday.

TSgt. Jim Varhegyi / Air Force News

Sergeant laid to rest in Arlington ceremony

By SrA Sara Banda

Air Force Print News

WASHINGTON — The first American casualty since Operation Enduring Freedom began was buried in Arlington National Cemetery Monday. Funeral

services for MSgt. Evander Earl Andrews were held at the Old Post Chapel in Fort Myers, Va.

Andrews, from the 366th Civil Engineer Squadron at Mountain Home AFB, Idaho, died Oct. 10 as a result of a

heavy equipment accident while on deployment in the northern Arabian Peninsula.

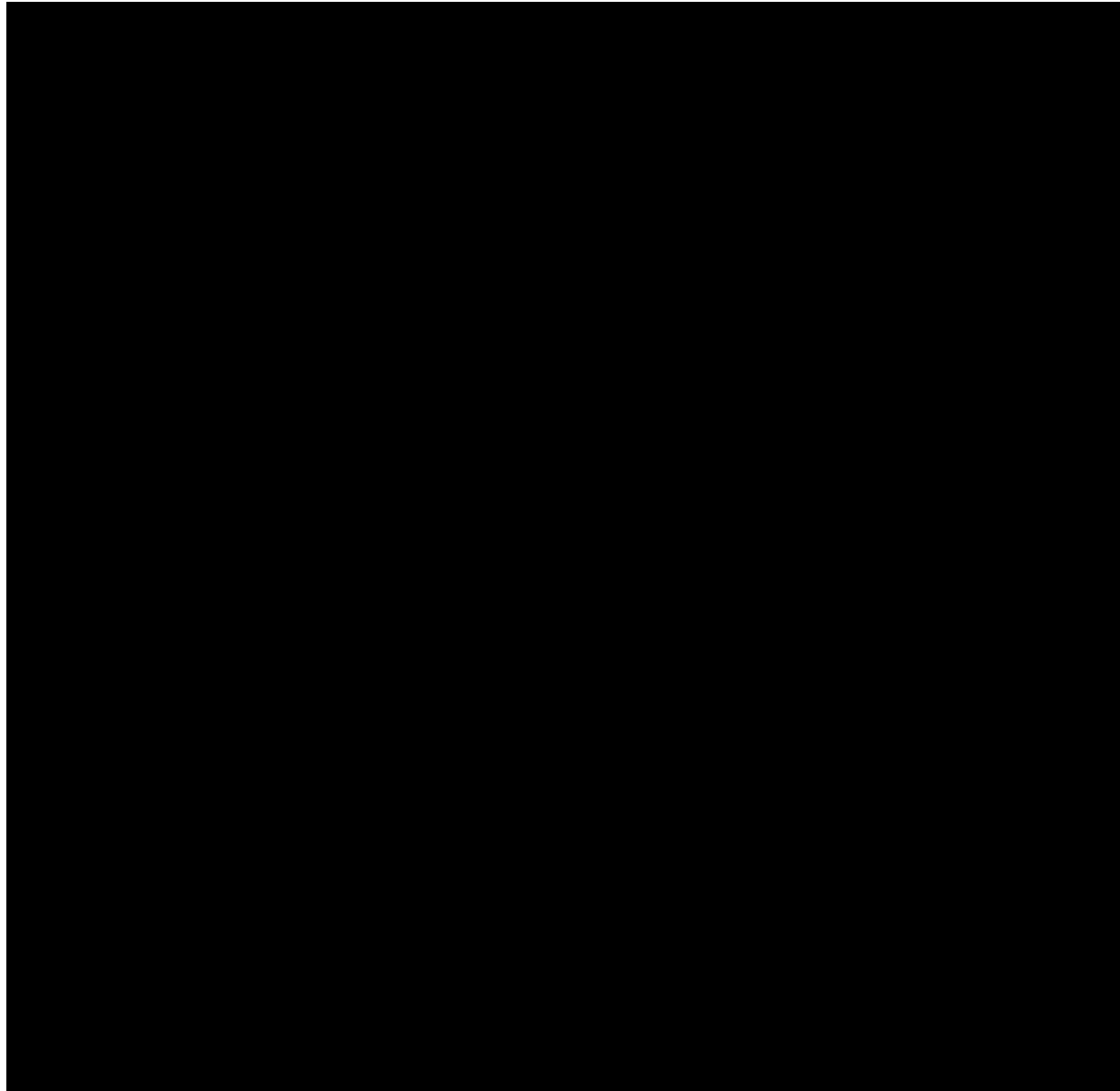
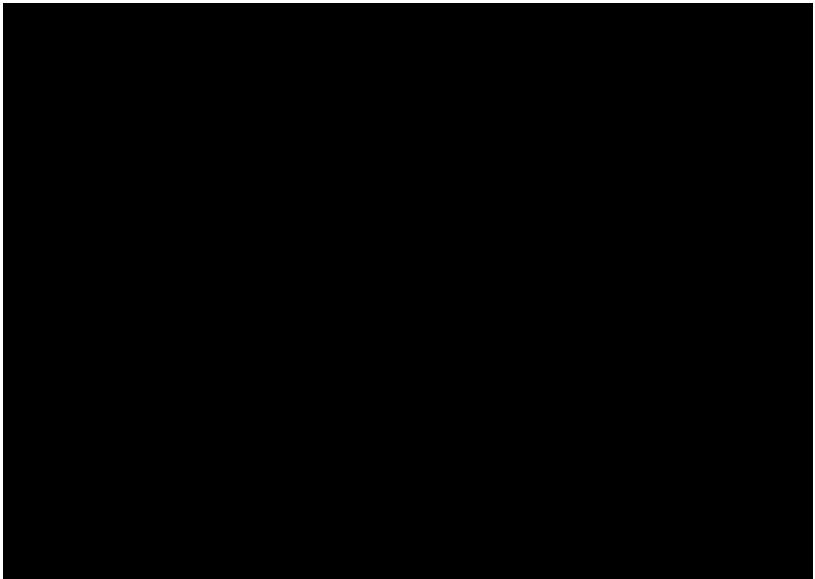
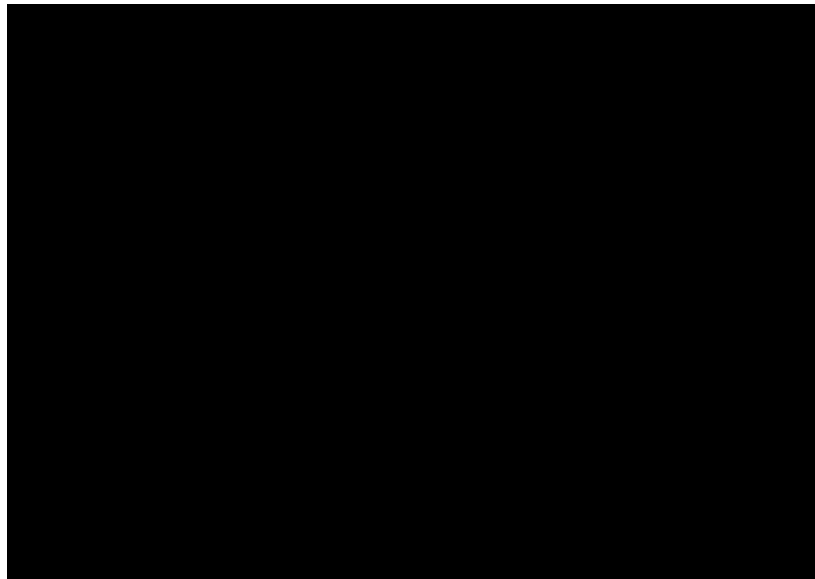
The Air Force Honor Guard provided graveside honors — a casket team, bugler and a firing party of seven, which fired three volleys.

Those attending the ceremony who knew the sergeant spoke fondly of him and his easygoing manner.

“He was very personable. He would do anything for anybody and never complained,” said retired Chaplain (Maj.) Thomas

Westall, family friend and speaker at the funeral service. “Anytime you needed anything, you didn’t have to ask, he’d be there.”

Andrews leaves behind his wife, Judy; four children, ages 2 to 9; his parents; and one sister.



Citizen patriots honor servicemembers



Air Force photo

A1C Charrish Steven, from the 86th Maintenance Squadron, Ramstein Air Base, Germany, meets country singer Clint Black backstage at the Citizen Patriot Tour Monday.

By A1C Julie Stulz

86th Airlift Wing Public Affairs

RAMSTEIN AIR BASE, Germany (AFPN) — What do you get when you mix red, white, blue and green, add a little country twang, some spirit, a little soul and a whole lot of good old-fashioned all-American pride?

You get the Citizen Patriot Tour, complete with thousands of Kaiserslautern Military Community members.

Celebrities such as country western singers Clint Black and Shane Minor, singer Jonathan Carroll, comedian Al Franken and a few New England Patriot cheerleaders entertained servicemembers, Department of Defense civilians and their families stationed here Oct. 22.

For three hours, the crowd of about 2,800 people was thrilled with musical hits, stand-up comedy acts and cheerleading routines. The U.S. Air Forces in Europe Band opened the show, and with the help of all the celebrity guests and audience members, ended the show with a rousing rendition of "God Bless America."

"This is one way we can bring a little bit of home to the troops and show them that we love them and they are in our hearts," Black said. "There was no doubt that I wanted to come entertain the military."

"I was sitting at the Oct. 11 memorial service at the Pentagon, when I just had the idea to cheer up the troops who work so hard to protect us," said Janet Langhart Cohen, founder of the Citizen Patriot Tour and wife of former Secretary of Defense William Cohen. For many, the night was exhilarating.

"This was just a spectacular evening," said TSgt. Brian Posten, 586th Security Forces Squadron. "I was left speechless by it all, especially Clint Black's last song ('America,' which he wrote shortly after the terrorist attacks). It was all just so good."

For others, it was a much-needed break from the long hours and the late days that have become the norm since Sept. 11.

"Once the show got started, it was just great," said TSgt. Brian Todd, from the 786th Civil Engineer Squadron, who brought along his wife and three children. "It was definitely a nice time to spend with the family."

That immense sense of patriotism was not felt by the crowd alone.

"I was here as part of the Christmas show last year and was truly amazed then," Minor said. "But now, the energy is so charged, and so united. And to come here, to show this crowd that America is behind them 150 percent is so neat. It's very thrilling to be a part of this."

That admiration took Capt. Oren Leff, 86th Airlift Wing Judge Advocate's Office, a little off-guard. He was assigned to assist and escort the New England Patriot cheerleaders. As a New England native (and Patriot fan), he said he was more than happy to take on the job.

"But when I was introduced to them, they immediately thanked me, like they were thrilled to meet me, instead of vice versa," Leff said.

The mutual admiration lasted all through the night, right up until the last person got an autograph at the session after the show.

"Well, to be honest I came out here because I heard they were giving out anthrax shots," joked Al Franken, who fired up the crowd with his stand-up act.

But he immediately pointed out that the real reason he came was to show his appreciation to America's servicemembers, especially those overseas.

"I just want to thank them for doing what they do, and to let them know they are always in our thoughts," he said. "And if I can do that by coming out here, give them a good time and make them laugh, well, that's what I'm here for."

CSAF: AF transformation continues in midst of conflict

By SSgt. A.J. Bosker
Air Force Print News

WASHINGTON — “Today, we have airmen in harm’s way, doing the nation’s business, just as they always do,” Air Force Chief of Staff Gen. John P. Jumper told congressional and defense industry leaders recently at an aerospace power seminar on Capitol Hill.

Jumper is adamant about providing these men and women in uniform with the proper resources to accomplish their missions. In the long run, he said, our continued transformation will accomplish this goal.

It will allow the Air Force to leverage the nation’s technology and what the service brings to the fight — stealth, precision, standoff, information technology and space — to create asymmetrical advantages against the enemy, he said.

“In our transformation, we have several things going for us,” Jumper said. “The first is stealth. The F-22 (Raptor) will bring stealth into the daylight for the first time.”

The F-22 not only can protect itself, but it also can protect B-2 Spirits and F-117 Nighthawks, normally restricted to operating only on moonless nights, giving them more freedom to operate, he said.

Although people often speak of the F-22 as an air-to-air fighter only, the aircraft, equipped with the latest precision munitions and taking advantage of its super-cruise capability, will be vital in eliminating the most difficult, next-generation surface-to-air missile threats, Jumper said.

Transformation will also rely on tying the information gathered from various intelligence, surveillance and reconnaissance assets into an advanced command and control network.



TSgt. Jim Varhegyi / Air Force News
Air Force Chief of Staff Gen. John P. Jumper addresses congressional and defense industry leaders recently during an Aerospace Power Seminar on Capitol Hill.

“This is where we are proposing some of the more radical changes — the horizontal integration of manned, unmanned and space platforms,” Jumper said.

Manned is not only flying platforms, it includes people on the ground who can put eyes on target; unmanned includes unattended sensors on the ground; and space includes both manned and unmanned space assets, he said.

“(Continued development of) information technology will have these platforms communicating at the machine level, allowing them to resolve the ambiguities of target location and identification (digitally),” Jumper said.

“How we parcel this out between manned, unmanned and space platforms is of little relevance,”

he said. “What is important is getting the mix right.”

The Air Force will have to combine the persistence of the airborne platforms, manned and unmanned, with the high ground of space in the right proportion to make sure this horizontal integration can work, he said.

Jumper also called for breaking down the functional stovepipes that stand in the way of the seamless integration of various assets to provide commanders with decision-quality information and target-quality data.

People and organizations should not be jealous about which platform or sensor is put to work in the air, space or on the ground, he said.

To the maximum extent possible, machines should do the talking so that horizontal integration “results in a cursor over the middle of the target,” and the technology becomes transparent, Jumper said.

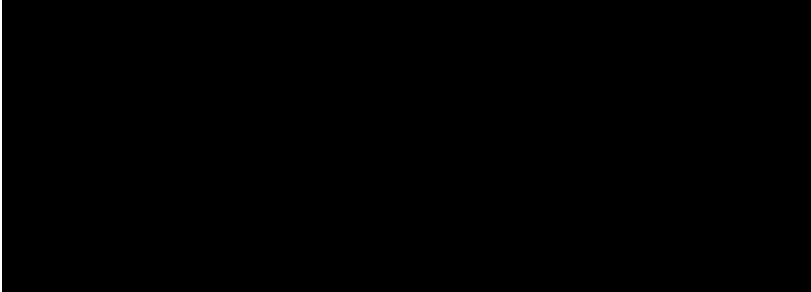
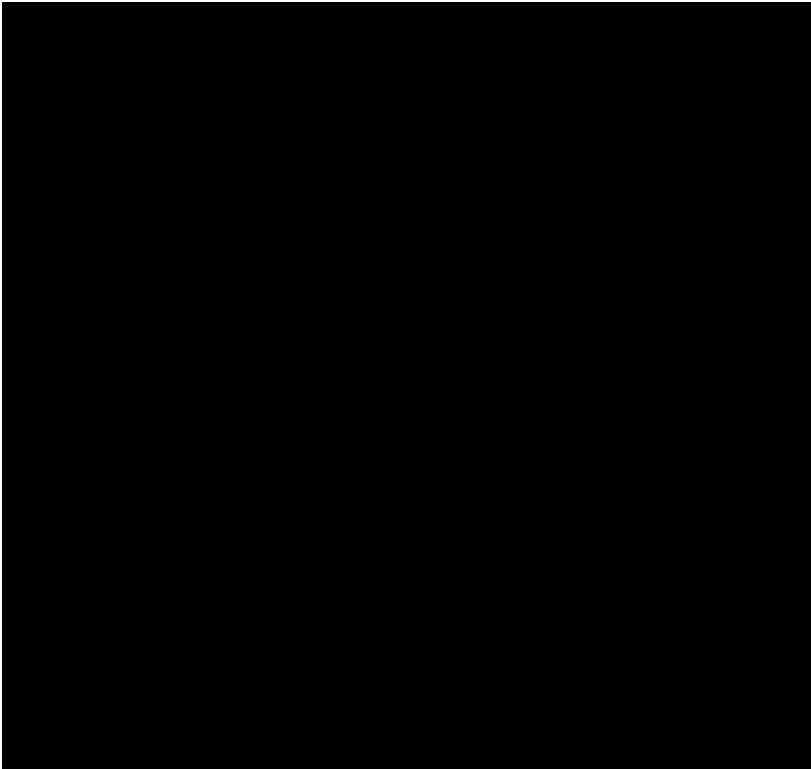
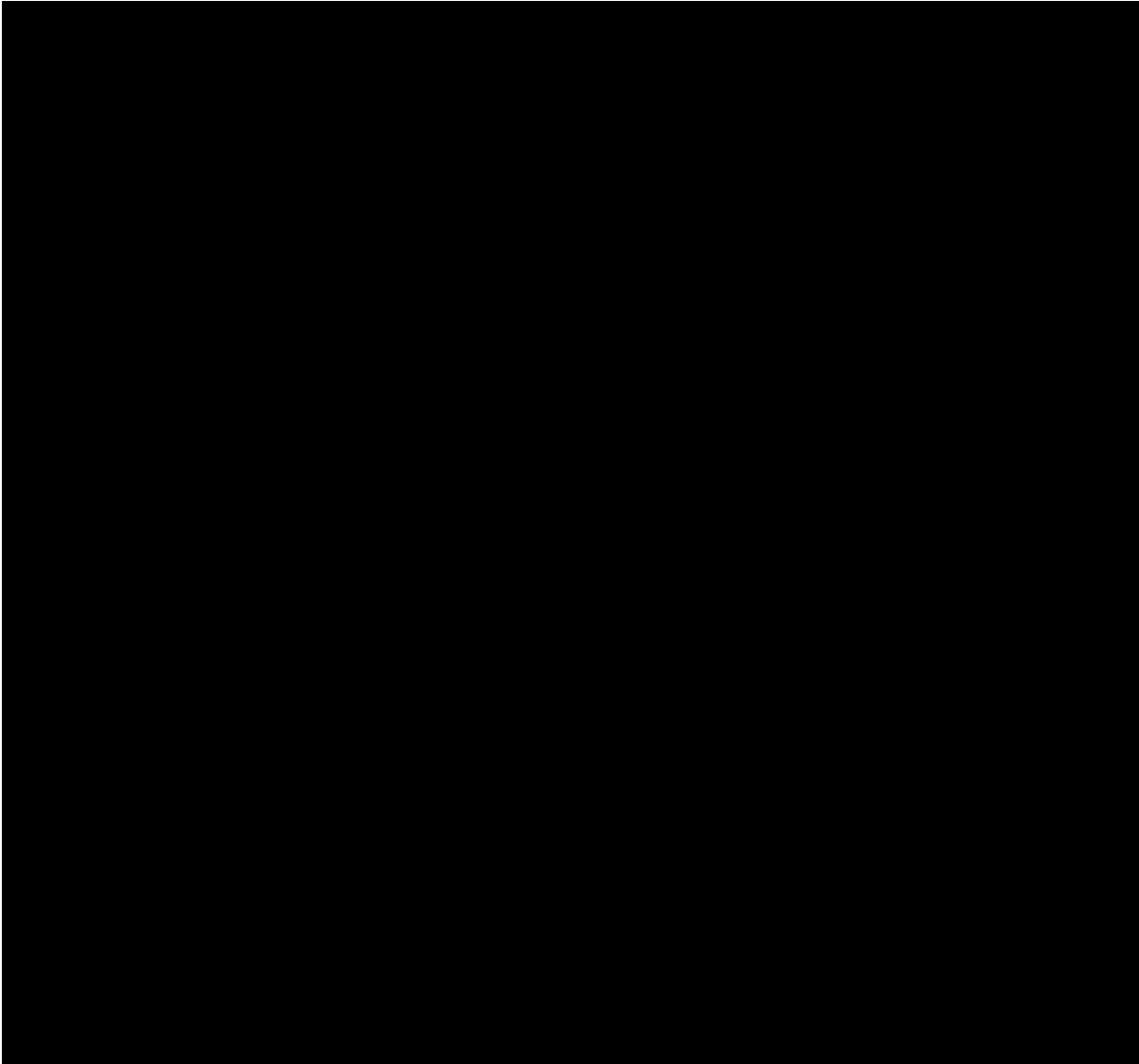
“We are putting all this together in a concept called the global strike task force,” he said.

The GSTF construct is an example of a family of global response task forces specifically designed to accomplish certain objectives, he said.

“This operational concept will describe, in a task force format, how we plan to fight and how we plan to put things together to create desired effects,” Jumper said. “This is the formula we are using as we transform ourselves, technologically, into this new way of going to war.”

However, during times of crisis, seeing new technologies is not as gratifying for Jumper as seeing people in uniform pull together.

“But, these days, it is more than our people in uniform (pulling together),” he said. “It is our whole nation pulling together against this tyranny.”



FALLOUT / From Page 3

to support Operation Enduring Freedom with the last minute purchase of force protection and anti-terrorism items for the various organizations on base.

Blake said other major accomplishments for Travis warfighter's and their families included the purchase of more than \$2.5 million for dormitory furniture and the purchase of playground equipment for one of the Travis child care centers.

He said the contracting office faced numerous challenges this fiscal year, including a new contract writing system that replaced the old Base Contracting Automated System. The new system, called the Standard Procurement System, required intensive training to master the new software and hardware.

"Contracting overcame these obstacles with a combination of overtime, planning,

training and teamwork," said Blake.

Although the base finance and purchasing experts had

a lot of help, Bullock admits it wasn't all smooth sailing.

This year, the comptroller and contracting squadrons — along with just about every organization on base — were thrown a couple of curve balls, namely the Sept. 11 terrorist attacks, which Bullock said temporarily delayed the

close-out processes.

Also, the end of the fiscal year landed on a Sunday, a day when many businesses are closed, making it impossible to purchase some of the previously identified items.

But Travis finance and purchasing professionals met each challenge and got the job done.

In the end, all the money was spent or obligated, and the beneficiary was Travis — the Travis mission and Travis people.

"Most of these items were for the good of the base community — either from an operational or a morale standpoint."

— Lt. Col. John Spahr
60th CES commander

Promotions

Retirements

Awards

Medals

HOMETOWN NEWS RELEASES

When something big happens in your military career, it's worth telling the folks back home. To learn how, call 424-2011.

PCSing

Training

Reenlistments

Education

Seatbelts are hugs from your car!

FSC EVENTS

Monday

♦ Spouse employment orientation, 9 a.m. to noon for newly arrived spouses. Learn about employment and career development programs at the Family Support Center. Bolt Staffing Services of Fairfield will be available for current local job opportunities following the orientation. Call 424-2486.

♦ Briefings at the FSC for separating and retiring military members: VA benefits from 10 a.m. to noon and vocational rehabilitation group counseling from 1 to 3 p.m. Call 424-2486.

Tuesday

♦ Ultimate job search for PCSing spouses from 8 a.m. to noon. Learn job search techniques for relocating spouses: develop or update resumes and long distance marketing plan, contact career counselors at new duty station. Call 424-2486.

♦ Bundles ‘n’ books for babies class from 10 to 11:30 a.m. at the FSC. Call 424-2486.

Thursday

♦ Professional growth and development class for airmen (E-3 and below) who want to succeed in the Air Force is from 7:30 a.m. to 4 p.m. at the FSC. Call 424-2486.

♦ Skills and self assessment from 8 a.m. to noon for all job seekers. Explore different career paths based on your personality type, skills, abilities, interests. Call 424-2486.

♦ WIC representatives will be at the FSC from 8:30 a.m. to 4 p.m. by appointment only. Call 435-2200.

Photos wanted

In preparation for Military Family Week (Nov. 19-23), the FSC is requesting family photos to contribute to a military family collage. This will be a “traveling display” to different locations on base such as the BX and various services locations. It will honor Travis military families and will later be housed at the FSC. The Department of Defense knows that families are a critical part of the mission, and Military Family Week is a means of recognizing the sacrifices that military families make. Pictures may be dropped off at the FSC, or the FSC will take a picture of the family! Call 424-2486 for further information.

CHAPEL

Services

Catholic

Monday through Friday, 11:30 a.m., communion service or Mass, Chapel Center.

Thursday, noon, Catholic communion service, David Grant Medical Center Chapel.

Saturday, 4 to 4:45 p.m., confessions, Chapel One.

Saturday Mass, 5 p.m., Chapel One.

Sunday Mass, 9 a.m., Chapel One.

Sunday, 9 a.m., children's liturgy of the Word, Chapel One.

Sunday Mass, 12:30 p.m., Chapel Center.

Protestant

Friday, noon, 30-minute worship service, David Grant Medical Center Chapel.

Sunday, 8 a.m., community, praise & worship service, Chapel Center.

Sunday, 10:30 a.m., community worship service, Chapel Center. Nursery class for kids 3 months to 3 years.

Sunday, 11 a.m., community Gospel service, Chapel One.

Jewish

First Fridays, 7 p.m., Sabbath services and third Saturdays, 10 a.m., Sabbath services are temporarily meeting offbase. Call 424-3217 for locations.

Religious Education

Protestant

Sunday, 8 & 10:30 a.m., Children's Church, 4- to 8-year-olds, Chapel Center.

Sunday 9:15 to 10:20 a.m., Sunday School for ages 3 and up, Chapel Center.

Sunday, 11 a.m., Children's Church, 4- to 8-year-olds, Chapel One.

Catholic

Tuesday, 7:30 p.m., OCIA, Chapel Center

Wicca

Monday, 6:30 p.m., education classes, RE

Wing, Chapel Center.

Youth Groups

Protestant

Monday, 6 to 7 p.m., “Community Teens For Christ,” 12- to 18-year-olds, Chapel One annex.

Other Groups

Protestant

Second Tuesdays, 7 p.m., Protestant Women of the Chapel, Chapel Center.

Fridays, 12:30 p.m., Protestant Women of the Chapel Bible study, Chapel One.

First Saturdays, 8 a.m., Protestant Men of the Chapel, Chapel One.

Fourth Saturdays, 6:30 p.m., Community Young Adult Group, Chaplain Sander's home on base.

Inside Out

Sundays, 6:00 p.m., rock and praise-style worship. Chapel One.

Special events

► The St. Michael Catholic community will hold its annual picnic Sunday at Eucalyptus Park. Cost is \$2 per person or \$5 per family. Mass will be held at 10 a.m. with the picnic following. There will be no 9 a.m., 12:30 or 5 p.m. Masses on that Sunday in the Chapel.

► The Travis 11 a.m. community Gospel worship service is sponsoring a fall revival Nov. 1 and 2 at Chapel One. The guest speaker will be Dr. Claybon Lea, Jr., Pastor of Mt. Calvary Baptist Church in Suisun. Worship services begin nightly at 7 p.m.

► The Protestant Men of the Chapel will host a special breakfast Nov. 3 at 8:30 a.m. for their daughters and all young ladies of the chapel at Chapel Center. Guest speakers will be Sharon Homer, Rachel Coggins and Lisa Sanders. Contact Chaplain Jimmie Sanders at 424-3797 for more information.

NEED A RIDE?

If you are in no condition to drive, use the Dial-a-Ride program. Telephone numbers for participating taxi companies are:

Fairfield Taxi
(707) 422-5555
Yellow Cab of Vacaville
(707) 446-1144
Yellow Cab of Sacramento
(916) 442-4696



CALLING A CAB IS A BETTER OPTION THAN THE ALTERNATIVES.

GROUND RADIO

Satisfaction comes in doing the job right

By A1C Alice Moore

60th AMW Public Affairs

Satisfaction describes what the crew of the 60th Communications Squadron's ground radio crew feels after putting in a long day of hard work, said SSgt. Henry O'Neill, ground radio technician.

Patience, dedication and teamwork are all a part of the ground radio maintenance team here, said O'Neill.

"Our career field is probably one of the most diverse in the Air Force because of the demands put on us," he said.

The diversity can be shown with the group's responsibilities, which include maintaining air field communications for the flight line and base weather, setting up public address systems for various events and maintaining tactical hand-held radios used by the security forces, said TSgt. Ed Fontillas.

Airfield communications include dealing with parts such as the ground radio transceiver used by the air traffic control tower, as well as installing telephone circuit cards used for communicating among operators, said SSgt. Michael Orr.

"I really enjoy the day-to-day job here, there's so much satisfaction in being able to fix something that has a vital part in the Air Force mission," he said.

Orr added one prime example of maintaining something vital is the digital voice recorder system. The system contains up to 48 channels used to record conversations, whether on radio or telephone.

"We're available 24 hours a day. After duty hours we have an on-call person in case any problems may arise," said O'Neill.

Recently the crew worked continuously for nine hours to provide radio support for some F-16s, which included providing a critical link for secure ground and air communication, he said.

"It's nice to know I have a role in helping air-crews accomplish their missions safely. The crew members are able to keep in direct contact with the ground crew members and each other because of the work we do here," said SrA Jedediah Coy.

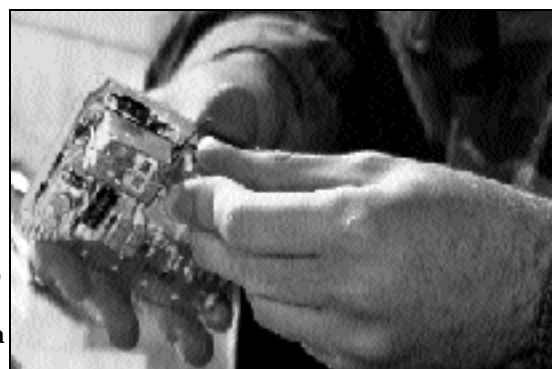
Another task the ground radio crew is faced with is having to set up public address systems for various events on base, such as the recent visit by President Bush or the Air Expo, said O'Neill.

"The logistics of an air show can be complicated sometimes because there's always different requirements every year," said Fontillas.

During the last Air Expo, the crew set up various equipment including 30 speakers covering 60,000 square feet, said O'Neill.

"I like setting up public addresses because it enables me to have more face-to-face contact with people," said SrA Jamil Hall.

"I like the fact I'm able to learn about what others on Travis do by the interaction I get with them when I'm out there setting up equipment for different events. It's nice to be familiar with various people," said SrA



Photos by A1C Alice Moore / 60th AMW Public Affairs

(Above), SrA Jedediah Coy, ground radio technician, works on a voice-microphone amplifier in the control tower. (Right), Coy puts the final touches on his repair.



Christopher Dennerly. "You never know when you may need the support of others for tasks."

The crew at times work many hours in a single setting to get jobs done. O'Neill said flexibility within the group is definitely key to getting jobs done right.

"We're fortunate to have people who work so well together," said O'Neill.

"We don't just hang up our keys at 4:30 p.m. when there is a job needing to be done. Sometimes we can't wait until the next day.

"Everyone here is dedicated, the best compensation we receive is we all gain more and more satisfaction out of the work we do everyday."

Seatbelts are hugs from your car!

ABOUT TRAVIS

TRAVIS COMMUNITY EVENTS

Today — ▲ The annual Harvest Festival is scheduled for 3 p.m. at "Site 6" behind Child Development Centers 1 and 2 and in the picnic area at CDC 3. The festival is open to all families with children enrolled in the three CDCs, Youth Center and family child care. Kids will have their pick of hundreds of pumpkins in the Pumpkin Patch. Other activities such as face painting, beanbag toss and other games will be offered. For more details, call Jennifer Bohren at 424-5400.

Saturday — ▲ The entire family will enjoy an Angel Island bike trip. This mountain biking trip for all ages and abilities starts with the bus leaving Outdoor Recreation at 7:30 a.m. and returning late that afternoon. Do you need gear? Rent a mountain bike from Equipment Rental Center for only \$15 per week - end. Fee includes helmet and lock. The \$15 cost for the trip covers transportation to Tiburon only. Cost for ferry ride from Tiburon to Angel Island is \$5.50 per person plus \$1 per bike. Participants must provide their own lunch and drinks.

Saturday — ▲ Join Information, Tickets and Tours on a special trip. Start the evening with a memorable dinner at the world-famous Planet Hollywood. Then visit San Francisco's most notorious historic haunted places. You will also be able to hear thrilling ghost stories based on documented research, touch haunted artifacts and even learn how to catch a ghost. The \$12 cost covers transportation only. Call 424-5659.



Courtesy photo

Twilight hours change: Twilight hours now start at 1 p.m. at Cypress Lakes Golf Course. Weekday twilight fees are \$8 for E-1 to E-4 and \$11 for E-5 and above. Weekend twilight fees are \$10 for E-1 to E-4 and \$15 for E-5 and above. Call 448-7186.

Sunday — ▲ Come experience a city within a city with ITT. Enter Chinatown through the "Dragon's Gate" and walk through 24 blocks of hustle and bustle. Explore exotic shops, renowned restaurants, food markets, temples and museums. Buy ancient potions from herb shops, relax and enjoy a "dim sun" lunch, or witness the making of fortune cookies. The \$12 cost covers transportation only. Call 424-5659.

November 7 — ▲ Learn quick quilting techniques in the Lap Top Quilting class. The class teaches participants how to complete a small quilting project in only two hours. The \$20 cost

includes all materials. Class schedule depends on interest. For more information, call Bob Rayborn at 424-1338.

Ongoing activities — ▲ The Outdoor Adventure Program plans to offer ski trips every Wednesday and Saturday throughout the season. Ski world-renown resorts such as Squaw Valley, Sugar Bowl and Sierra at Tahoe. Purchase discounted lift passes at OAP. Talk with the folks at the Equipment Rental Center to get skis, boots, snowboards and more. Watch for upcoming trip announcements. The \$20 cost for these trips covers transportation only.

—60th Services Squadron

ATWIND prizes

Several hundred ATWIND prizes cannot be delivered because would-be winners did not supply complete mailing information or have changed addresses and did not supply a forwarding address. If you think you may be one of these individuals, contact Sam Parker, AMC Marketing, at DSN 779-7539 or (618) 229-7539 to update your ATWIND information. You may also send an email to Sam.Parker@scott.af.mil.

Travis Scouts

The Travis Boy and Girl Scout program currently has

openings for youngsters and adult leaders. For more information, contact Karey Thompson at 421-1832 or Scott Stewart at 437-3940.

HAWC programs

The Health and Wellness Center is seeking partnership with Travis squadrons to maximize its effectiveness. Wellness is an accumulation of good choices leading to optimal health and quality of life, a way of life aimed at reducing risks. Lifestyle choices made can literally determine both quality and length of life. Wellness components are physical, social, mental and spiritual. Travis Inte-

grated Delivery System (known as TIDeS) also places emphasis on the broad value of strengthening connections — taking responsibility for each other. Collaboration increases the effectiveness of all units/agencies and can create an environment that supports healthy behavior. The HAWC is looking for people interested in being squadron health promotion liaisons and igniting a community approach to health and base welfare. Squadrons interested in promoting such things as smoking cessation, fitness, stress management and wellness within the unit, should call 424-HAWC (424-4292).

Air Force, moving on up in Eco-challenge competition

Air Force Print News

SAN ANTONIO — With 60 miles of hiking, mountaineering and rafting behind them — but still facing 170 more miles of treacherous racing — 'Team America's Air Force' has pulled into 13th place at the 2001 Eco-Challenge being held in New Zealand.

Eco-Challenge, the world's premier expedition race, is held annually in a remote region of the world and attracts the best adventure athletes from around the globe.

Team America's Air Force, which won the Armed Forces Eco-Challenge in Alaska in June, consists of three pararescuemen and a communications



Courtesy photo

Team America's Air Force, winners of the Armed Forces Eco-Challenge in June, climb into 13th place at the 2001 Eco-Challenge competition being held in New Zealand. The team consists of three pararescuemen and a communications officer.

officer. They are: TSgt. Ken Fournier, 38th Rescue Squadron, Moody Air Force Base, Ga.; SMSgt. Skip Kula and SSgt. David Shuman, 210th RS, Kulis Air National Guard Base, Anchorage, Alaska; and 1st Lt. Rebecca King, 611th Air Communications Flight, Elmendorf AFB, Alaska.

The race started Oct. 21 at New Zealand's Tekapo Military Camp. Since then, competitors have trekked around hills on horseback and on foot, crossed mountain peaks and faced river rapids — and the race is not over

yet. There are still many days left as the team members must climb snow-capped mountains, rappel sheer cliff faces, raft through raging whitewater and ride bikes on rocky trails, all while navigating with only compasses and orienteering skills.

It is expected to take the teams five to 12 days to cover the entire course around New Zealand's Mount Cook, competing virtually nonstop.

Six of the original 73 teams have already dropped out because of injuries.

CFC Aerobathon, good for everyone

60th Services Squadron

Get ready to hip-hop, kick and cycle your way to fitness while benefiting a worthy cause at the same time.

The Fitness Center's 2001 Aerobathon, scheduled for Nov. 5 at 5 p.m. at the Exercise Center, offers the chance to participate in some of the most popular aerobics classes in one action-packed event.

Sessions offered in the one-evening event include:

- » Athletic speed drills
- » Cardio kickboxing
- » Step Aerobics
- » Hip hop aerobics
- » Cycling
- » Fitball toning

Each Aerobathon class will last approximately 15 to 20 minutes.

Cost for the Aerobathon is a pledge to the Combined Federal Campaign's "Sports4Kids" program. This program aids public schools by creating in-school and after-school youth sports activities that help foster team-work, self-esteem and physical well-being.

"This is a very worthwhile program," Fitness Specialist Barbara Hickenbottom said. "Many schools no longer offer physical education classes, and this is a great opportunity to help kids get physically fit and feel better about themselves."

Participants can pick up their pledge sheets at the Exercise Center front desk. Pledges and money can be turned in at the beginning of the Aerobathon. The event is open to all military ID card holders.

For more information, call Hickenbottom at 424-0989.

Volunteers needed for "Exercise your Freedom"

60th Services Squadron

"Exercise Your Freedom" is ready to kick off.

The program is aimed at getting Travis family members who have a deployed active-duty spouse or who may feel isolated as a result of recent terrorist events back into the community.

When up and running, the program will offer military family members an opportunity to participate in a variety of events at the Fitness and Exercise centers and to help "relieve stress and make you feel better about yourself," Fitness Specialist Barbara Hickenbottom said.

"The message we're trying to get out is that you don't have to stay in the home," Hickenbottom said. "You now have the opportunity to exercise your freedom, not only in physical fitness programs but other services being offered."

However, for the program to get off the ground, Hickenbottom said volunteer childcare providers are needed. This service will allow program participants, without other childcare options, a well-supervised atmosphere to leave their child in while participating in fitness classes.

"We're in the development stage of this program," Hickenbottom said. "So, at this time we need adult volunteers. If we can get people to volunteer just a couple hours a month of their time, the benefits would be tremendous. Almost everyone can offer that much."

Plans are to use the Health and Wellness Center's ballroom as the program's childcare facility.

Aerobic classes and martial arts classes are offered throughout the day at the Exercise Center — from 8:45 a.m. to 8 p.m. Monday through Friday.

Hickenbottom said that the diversity of these classes should make it easy for volunteers to find a time that matches up with their schedules. Class times and dates are printed in the *Tailwind* weekly.

For more information about the "Exercise Your Freedom" program or to volunteer, call Hickenbottom at 424-0989.

SPORTS SHORTS

Youth Center sports registration

The Youth Center is now accepting applications for its football, basketball and cheerleading programs. Age divisions for football are 6 to 7, 8 to 9, 10 to 12 and 13 to 15. Age divisions for the cheerleading are 6 to 7, 8 to 9 and 10 to 12. Age divisions for basketball are 9 to 10, 11 to 13 and 14 to 17 for both the boys and the girls leagues. Cost for all three programs is \$40 per child. An additional \$5 late fee is now being charged for children placed on a football and cheerleading team. After Wednesday, an additional \$5 late fee will be assessed for children placed on a basketball team. Fee includes uniforms and pictures for football and basketball and pom-poms and pictures for cheerleading. Sign-ups for all three programs will still be accepted after the start of the season. However, late registrants may be placed on a waiting list pending team openings. Entrants placed on the waiting list don't have to pay until placement. For more information, call 424-5392.

Final days of Capoeira

This is the last week for people to participate in free Capoeira classes at the Exercise Center.

Melanie Schmidt will wind up the month Tuesday night with the final class taught in the martial arts room of the Exercise Center from 6 to 7 p.m.

Capoeira is a Brazilian sport that blends elements of dance, acrobatics, martial arts, singing and playing instruments. Brazilians call Capoeira a game because it is played, not fought.

Schmidt is a caporista (instructor of capoeira) visiting from Germany and will only be here through the end of October.

For more information, call Schmidt at 437-1374 or the Exercise Center at 424-5680.

Bobby Sox

Travis Bobby Sox girls softball will be holding a meeting on Nov. 7 at 7 p.m. at the pizzeria. The following positions on the board are still open: player agent, field maintenance, and umpire in chief. Anyone interested should call Michelle Maddox at 437-4220.

Little league meeting

The Youth Center will host an organizational meeting for the 2002 little league baseball season Nov. 20 at 6:30 p.m. Nominations and elections will be held for little league president and vice president, play agent, secretary/treasurer, safety officer, public relations, uniform and equipment manager and game scheduler. Parents, players, those wishing to coach or anyone interested in the little league program are welcome to attend. The meeting is an open forum format allowing attendees to discuss any concerns regarding the Travis little league program. For more information, call 424-5392.